





September 2005

## **Available Now...**

## Apples

Many Colorado orchards are grown at nearly 7,000 feet above sea level. This high altitude provides warm days with intense sunlight and cool nights with mountain fresh air.

This climate helps produce apples desired by consumers around the nation. Colorado apples are recognized and praised throughout the country for their unique features: superior color, intense flavor and distinct sweetness.

Apples are sodium free, fat free and are a good source of fiber.

Look for fresh Colorado apples at your local grocery store, farmers' market or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown throughout Colorado.

Visit www.coloradoagriculture.com for a complete list of recipes.

## **Colorado Apple Tarts**

Colorado Chef Bob Holloway, Eggland's Best Eggs, Platteville, CO

Makes 4 Tarts

2 Small apples, Gala or Braeburn

½ cup Water ½ cup Sugar

2 tbsp. Fresh lemon juice2 tbsp. Unsalted butter

1 sheet Frozen puff pastry, thawed

Peel, core and cut apples in half. Cut apple into very thin slices (about 1/16") and place in a bowl. Combine water, sugar, lemon juice and butter in a saucepan and bring to a boil, stirring until sugar is dissolved. Pour liquid over apples and mix until heat of the syrup has slightly cooked the apples. Drain liquid back into saucepan by placing into a colander over the pan and reduce liquid over medium-high heat until reduced to 1/3 cup. Cover and keep warm. Preheat oven to 425° with rack in middle of oven. On a lightly floured surface, roll out pastry sheet, using a floured rolling pin, until sheet is 12½" long. Using a small plate as a guide, cut out four 6" rounds. Place rounds on lightly buttered baking sheet and top with overlapping apple slices. Bake for approximately 25 minutes or until golden brown. Brush on warm syrup and enjoy.

Enjoy with a Colorado wine, such as a glass of Apple Blossom from The Winery at Holy Cross Abbey, located in Canon City, Colorado.

Next Month... National Pork Month